7C's Stress First-Aid Model

Seven Cs of Stress First Aid:

1. CHECK
Assess: observe and listen

2. COORDINATE
Get help, refer as needed

3. COVER
Get to safety ASAP

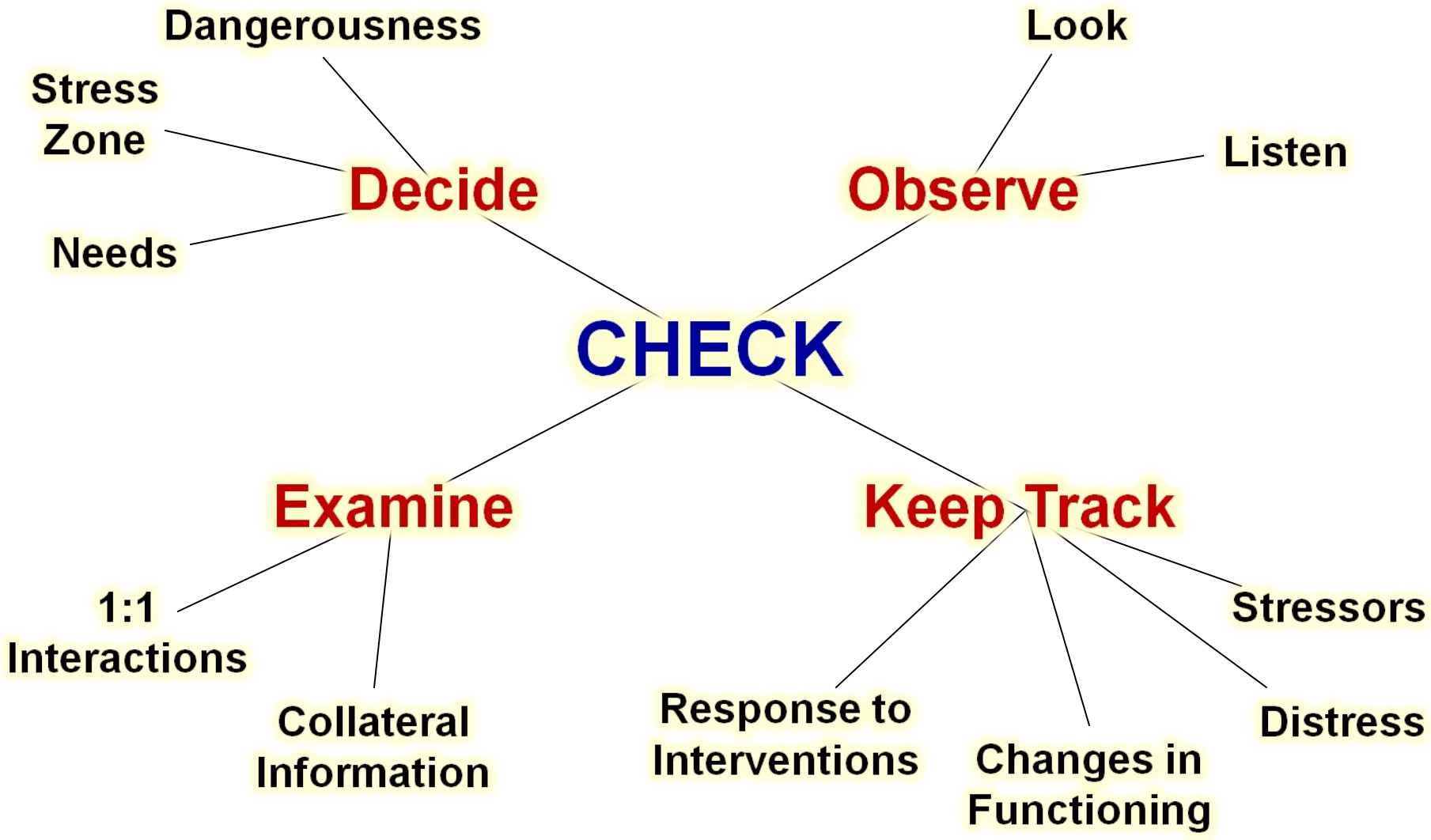
4. CALM
Relax, slow down, refocus

5. CONNECT
Get support from others

6. COMPETENCE
Restore effectiveness

7. CONFIDENCE
Restore self-esteem and hope

Check: What is It?



Coordinate: What is It?

Cover: What is It?

Calm: What is It?

Connect: What is It?

Competence: What Is It?

Confidence: What Is It?